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Problem Gambling Awareness: Treatment program and new website offer tools and resources to address gambling addiction

BISMARCK, N.D. – While many people enjoy gambling as a recreational activity, between two and three percent of the population struggles with problem gambling that affects not only the gambler, but also family members, friends, and employers.

North Dakota residents struggling with problem gambling now have a new online resource, www.GamblerND.com, that offers interactive tools that can help people identify if they or their loved ones may have a gambling problem. It provides North Dakota-specific information about where to get help, as well as other resources. People can also chat online with a counselor.

Lutheran Social Services developed www.GamblerND.com with support from the N.D. Department of Human Services. The website can also connect visitors to the Gamblers Choice program, an accredited gambling addiction treatment program provided by Lutheran Social Services of North Dakota that serves problem gamblers and family members affected by gambling behaviors. Services include group and individual counseling, along with education and support for family members. Educational information is also available for schools, churches, civic groups, addiction counselors, and mental health professionals.

"Most gamblers have been suffering for quite some time before they reach out for help. We want people to understand that this is a very treatable issue. With assistance and guidance from professionals, gamblers and their families can begin to heal and recover emotionally, spiritually, and financially," said Gamblers Choice Program Director Lisa Vig.

Gamblers Choice has offices in Bismarck, Fargo, Grand Forks, Minot, and Williston. For more information, visit www.GamblerND.com or call 1-877-702-7848.